

ILLINI *wellness week*

APRIL 6-10, 2015

SPONSORED BY: Campus Recreation • Counseling Center • McKinley Health Center
Women's Resources Center • U of I Extension • University Housing-Dining Services

Mental
MONDAY
April 6

BREAKFAST, SET, GO!
8:30 - 9:30 am | Wright Street by Alma Mater
Jumpstart your week with FREE healthy breakfast food samples from University Housing-Dining Services' Good2Go food truck.

FREE CHAIR MESSAGES
5:30 - 6:30 pm | ARC, Meeting Room 2
Relax and relieve muscle tension with a FREE 5-minute chair massage provided by BodyWork Associates!

STRESS MANAGEMENT WORKSHOP
6:30-7:30 pm | ARC, Meeting Room 2
Stop by for information and tips from the Counseling Center on everyday practices for managing stress and increasing wellbeing.

Tone It
TUESDAY
April 7

HEALTH & WELLNESS EXPO
11 am - 2 pm | Illini Union, South Lounge
Learn about wellness programs and services offered on campus and in the community! Enjoy FREE healthy snacks from national brands and enter to win Chicago Bull's autographed memorabilia and other prizes!

BODYCOMBAT
4:30 - 5:15 pm | ARC, MP6
Unleash with an empowering mixed martial arts inspired workout. First 100 guests receive a FREE DETOUR Smart protein bar!

FUEL YOUR FITNESS
5:15 - 6:30 pm | ARC, Instructional Kitchen
Learn how to fuel before and after your workout with tips from an R.D. Nutritionist and enjoy a FREE "Whey Strong" protein smoothie!

Wellness
WEDNESDAY
April 8

YOGA ON THE QUAD
4:30 - 6 pm | South Quad
lululemon athletica is partnering with students for a fitness fashion show filled with fun surprises and healthy snacks and drinks, as we flow together from runway to Bodyflow yoga class.

WELLNESS CHECKUP
5 - 6 pm | ARC, Concourse
FREE body composition checks and your wellness questions answered!

CRCE'S 10TH BIRTHDAY
4 - 6 pm | CRCE Lobby
Come help us recognize CRCE's 10 years of providing recreation and wellness opportunities for campus!

DE-STRESS DODGEBALL
6 - 9 pm | CRCE
Register a team for this exciting tournament at campusrec.illinois.edu

Thriving
THURSDAY
April 9

CLIMB TO FINANCIAL WELLNESS
6 - 7:15 pm | ARC, Climbing Wall
Reach new heights in financial wellness. Learn how to budget expenses and climb to the top of the wall to find gift cards and other prizes that will help you stay money savvy!

BALANCE HEALTHY EATING WITH VEGGIES
7:15 - 8:30 pm | ARC, Instructional Kitchen
Vegetables are great sources of fiber, vitamins and minerals! Give your diet a healthy boost by learning how to make vegetable-based dishes you'll love with the ARC Instructional Kitchen Staff! Register by emailing jk@illinois.edu

Friendly
FRIDAY
April 10

"ACTS OF KINDNESS" ON THE QUAD
11:30 am - 12:30 pm | Main Quad, Anniversary Plaza
Find us in front of the Illini Union for a FREE KIND Snacks nutrition bar and educational information on body image awareness. Help us spread the message of self-compassion at Illinois, as a part of the KIND Movement.

